

## Taking care of your arm after the tuberculosis skin test (TST)

Q: What can I do with my arm?

A: Anything you would regularly do.

Q: How do I clean my arm?

A: You can take showers and baths as you normally do.



Q: What do I do if my arm itches or blisters?

A: Put an ice cube in a washcloth and place it on your arm.  
**DO NOT SCRATCH!**

Q: Can I use a Band-aid if it bleeds?

A: NO. Band-aids increase allergies. Use a dry cotton ball to dab away any blood.



**You must return within 48-72 hours to have your arm looked at or you will have to repeat the skin test.**

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